

THE NEW
Improved Book
OF
DIRECTIONS,
FOR
THE SEA
MEDICINE CHEST.

To be had only of Mr. R. G. Sheldon, Dispensing Chemist, at the Medicine Establishment No. 74, Vauxhall Road, and at No. 47, Marybone, Liverpool

(P)

SHELDON, R.G.
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THE HISTORY OF THE CITY OF BOSTON

From the first settlement of the city in 1630 to the present time. The city of Boston was founded in 1630 by a group of Puritan settlers from England. They established a colony on the eastern shore of Massachusetts Bay. The city grew rapidly and became one of the most important centers of commerce and industry in the New England region. It was the site of many significant events in American history, including the Boston Tea Party and the Battle of Boston. The city has a rich cultural heritage and is known for its many museums, libraries, and historical landmarks.

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Lancets. Scissors.	Spatula, to spread Plaisters.
Tape for bandage, &c	Syringe, Tow.
Glyster pipe and Bag..	Adhesive Plaister.

**THE NEW AND IMPROVED
BOOK OF DIRECTIONS,**

FOR THE

Use and Application of the Medicines, &c.

CONTAINED IN

THE CHESTS,

FITTED UP

BY R. G. SHELDON,

(Son of the late Captain Sheldon)

DISPENSING CHEMIST,

No. 74, VAUXHALL ROAD,

AND

No. 47, MARYBONE, LIVERPOOL.

The whole Compiled and Arranged by Mr. Robert Oman,
Prescribing Surgeon:

LIVERPOOL:

Printed by G. Thompson, No. 1, Ranelagh Street.

1837

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P R E F A C E .

ON perusal of several Books of Directions for Medicine Chests, I found they were incomplete in many respects, and the author having been at most of the unhealthy climates, induced him to write this small, but most complete Work, in order that Masters of Vessels can readily understand how to proceed with the Sick of all ages, with greater confidence in himself, and safety to his patient.

ALL the Medicines prescribed are simple, but good, and may be administered according to the Directions, by the Captain, Mate, or any person, capable of reading, as the Author has written the whole in a plain simple style, with a wish to be perfectly understood.

THE Author has been, also, induced to publish this Book at the earnest solicitation of several intelligent Nautical friends.

ROBT. OMAN.

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DIRECTIONS

IN THE PRACTICE OF MEDICINE AND SURGERY.

No. 1. Sheldon's Red Purging Salts

ARE an excellent cooling purge; the dose is from 1 to 2 table spoonsful, dissolved in warm or cold water, drinking plentifully of Rice gruel, or Barley water after.

No. 2. Turkey Rhubarb Powder.

One of these powders is a dose, it is a strengthening purge, always binds after; and is proper in disorders of the bowels. In fluxes it is particularly useful; you must first give a vomit, then a dose of rhubarb, taking a light nourishing diet. If you have flux in a cold climate, take a dose of sweating mixture, No. 9, and keep warm, as the air and water often causes this disease; a removal from either of these often proves a cure; if the purging is violent, take a dose of laudanum, and repeat it if necessary. It is best always to combine a little magnesia with it.

No. 3. Calcined Magnesia,

For the heart-burn, or acidities of the stomach, a teaspoonful or 2 may be taken occasionally in a little water. Magnesia is also a safe and mild aperient in delicate habits, where active purges are dangerous, taken to the quantity of a desert or a table spoonful in a glass of water, once a day, or as occasion may require. A little Rhubarb can with safety be mixed with the Magnesia.

No. 4. Purging Powder.

In gross, phlegmatic, dropsical habits, this is a good and active purge; a teaspoonful is a dose for a grown person, and half that quantity for a child from 6 to 10 years old. A fine powder after taking stimulents.

No. 5, Laxitive Pills.

Three at night and one in the morning is a dose, as a moderate purge so indespensibly necessary in costive habits; they answer all the effects of Anderson's pills, Priestley's pills, &c. &c.

No. 6. Cooling Powder.

As much as will lay on a sixpence, to be taken every 6 hours in heat of urine, the venereal, gravel, & all inflammatory disorders; & in difficulty of making water; take also, 3 pills, No. 5.

No. 7. Bark.

Is useful in all low fevers, and more especially those in hot climates, also in agues, weakness of the stomach, and is the best remedy in mortifications, and all diseases where there are signs of putrefaction. It is almost always necessary to give a vomit previous to using the bark, and particularly so in the beginning of fevers; and if the body be costive, give a gentle dose of salts next morning; but if the vomit operates well, it will give a stool or 2, which is all that is required. In agues, after giving the vomit, you must begin and give a tea spoonful of the bark every hour, in weak rum and water, or wine and water, till the time you expect the next cold fit; then you are to give over taking the bark, and use smart exercise, taking at the same time two glasses of wine; by these you will often keep the fit off. but altho' you should it will be necessary to continue the bark for 8 or 10 days, and upon a return begin as formerly.

But if these means prove ineffectual, you must take another vomit, and increase the dose of bark; if the disease should continue, you must move to a dryer air, and proceed as above. If the bark should purge, add five drops of Laudanum, No. 17, in each dose, till the costiveness is removed, or take a dose of salts.

In low fevers you must give large doses of the bark with wine, every two hours, observing its effects as above.—In mortification, give as much of it and as often as the patient's stomach will bear it.

In weakness of all kinds a tea spoonful in a glass of wine, to be taken at 12 o'clock at noon, and 7 in the evening; 3 or 4 purgative pills, No. 5, will do instead of an emetic occasionally.

No. 8. Bitters

One of these parcels infused in a bottle of white wine makes a pleasant bitter, of which a wine glass full is to be taken at 12 at noon, and 7 in the evening; it has a powerful effect in invigorating the stomach, causing a return of appetite, and promoting digestion; hence it is useful in heart-burn, flatulency, and after excess, either in eating or drinking.

No. 9. Sweating Mixture.

Two table spoonsful to be taken at bed-time for a dose, taking care not to expose the patient to cold during the time of taking it, and encouraged by water gruel after, it produces a gentle sweat; so proper to be given in all cases where the perspiration is stopt, as is often the case in colds.

No. 10. Vomits.

One of those powders, a dose for a grown person, is proper to be given at the beginning of fevers, and more especially where there is sickness at the stomach, (see No. 23.) As free perspiration is produced by vomiting, you should always go to bed after its operation, and upon wakening take 3 pills, No 5.

No. 11. Quinine Fever Powder.

As much as will lay on a sixpence, to be taken in barley water, every 3 or 4 hours, in almost all fevers, small pox, measles, and other eruptive

disorders; if it produces sweat, it is to be encouraged by any warm weak liquor; if it should vomit give half the quantity. The powders answer all the effect of James's powder; purge before taking them.

No. 12. Sulphur.

This is a very excellent medicine in all diseases of the skin, eruptions, &c; it is good against the scurvy, itch, piles, &c. The dose is as much as will lay on a shilling, twice a day, in milk or tea; one third of this and 2 of hog's lard, or butter, makes an ointment for the itch, to be rubbed on the different joints.

No. 13. Cream of Tartar

Equal parts of this and sulphur made liquid with molasses, and two tea spoonful taken night and morning, is a good remedy for the piles; a tea spoonful in a pint of boiling water, makes an agreeable drink in fevers. Also, a good drink in sea scurvy.

No. 14. Sugar of Lead.

In a variety of local complaints this is a useful application. In inflammations of the eyes, proceeding from cold, excoriations from riding, in heat of the skin from chafing; one tea spoonful dissolved in a quart of water makes a lotion, to be applied to the parts affected with a piece of old linen, 3 or 4 times a day, in bruises, strains, and all local inflammations from injury; as likewise for dispersing swellings it is also very efficacious, but in those cases the quantity of sugar of lead may be increased, even to a double proportion, and the part wet with it frequently; the above solution may be made into a poultice, with soft bread, or boiled biscuit, to remove inflammations. One of the small powders, No. 14, may be taken 3 times a day, for pitting of blood.

No. 15. Elixir of Vitriol.

This is found extremely beneficial as a tonic medicine, in cases of loss of appetite and impaired digestion, as after excesses of any kind, fever, &c.; from 10 to 20 drops are to be given 2 or 3 times a day, either in water simply, or with a stomachic bitter. This medicine possesses the property of checking perspiration when profuse and is therefore often employed with advantage for that purpose. Equal parts of this and water made thick with flour, applied to wounds stops bleeding; it is, also, a very excellent tonic when mixt with a teaspoonful of bark, No 7.

No. 16. Spirits of Nitre.

One teaspoonful to be taken 3 times a day, in conjunction with 2 teaspoonsful of Sheldon's Red salts, in Gravel, suppression of urine, or the commencement of Fever; also, to be taken as above, in colds, or any kind of inflammatory fevers. May be taken with the greatest advantage, in the above doses, in Clap, Gleet, &c.

No. 17. Laudanum

Is a most excellent medicine, but requires care in administering it; the general dose is from 10 to 20 drops, particularly when the pulse is strong and quick; but if on the contrary, it is low, you may give it with safety: It stops vomiting, purging, disposes to sleep, and eases pain. May be more largely given in fluxes,

No. 18. Spirits of Hartshorn

Is useful in preventing, and recovering from, fainting; a tea spoonful taken at bed-time in warm water will produce a gentle sweat, drinking plentifully of any warm weak liquor after. An ounce of olive oil and half an ounce of spirits of hartshorn make the volatile liniment, which a very efficacious remedy in inflammatory sore

throats, the outside of which is to be well rubbed, and kept constantly moist with it, until redness and inflammation are induced over the skin.

No 19. Camphorated Spirit

Is extremely useful in bruises, sprains, &c. The parts affected is to be frequently bathed with the spirit, and, as far as possible, kept constantly covered with it; half a gill of this and 2 teaspoonful of Laudannm, No. 13, form the Anodyne Liniment, which is still more efficacious in sprains and contusions, in rheumatic pains, and similar local affections; very good for chilbiains.

No. 20. Mercurial Pills.

One to be taken night and morning; they are proper in venereal complaints and old sores. If the mouth becomes sore with using them, leave off, take a dose or 2 of salts, and begin again when the mouth is well, if the symptoms of the complaint are not eradicated. Shoes and stockings to be worn during taking them, and the feet carefully preserved from being wet,

No. 21. Sheldon's Balsam

Cures ulcers in the reins; is good in the gravel, obstructions in the urinary passage, &c.; it is also given in gleet and runnings, after venereal disorders, but not to be given till the running turns clear. The dose is from 20 to 30 drops 3 or 4 times a day.

No. 22. Anti - Bilious Pills,

Proper to be given in all bilious disorders of the stomach and bowels, especially those in warm climates, where, either from intemperance or from the constitution not being adapted to the climate, many people are troubled with a sickness at the stomach, giddiness, loss of appetite, and general drowsiness; in this case these pills

will be found of great service ; take 2 at night going to bed, and 2 next morning, and repeat one every 2 hours after till they purge briskly, then take a dose of salts.

No. 23. Camomile Flowers.

To be infused and drank as tea, for a weak stomach, or to work off vomits ; as also for fomentations ; best to be taken on an empty stomach, early in the morning.

No. 24. Spirits of Turpentine.

To rub the parts affected with in rheumatic complaints ; good to apply to gun shot wounds ; and to stop bleeding, by applying a piece of lint, dipt in it, to the part, It is also good in pains of the back, proceeding from strains, gravel, &c. 20 drops twice a day, in barley water ; also, good to prevent chilblains from breaking, by rubbing them night and morning with this spirit. One table spoonful is good for the worms, well worked off with gruel.

No. 25. Blister Plaister.

Spread on leather or canvas, and used in low fever, the ear ach, and all fixed pains of the face, and difficulty of breathing. You must drink plentifully of any weak liquid while the blister is on, to prevent stranguary, and to remain on 18 or 24 hours, and then taken off and dressed with

No. 27. The size of the hand is in general applied to breast, stomach, side or back ; those for the ears is a small oval. Particularly useful when a pain is felt on taking a deep inspiration.

No. 26. Strengthening Plaister.

To be spread on leather or canvas, and applied after strains, to weak joins, &c. ; across the back or loins, after hard pulling of ropes, &c.

No. 27. *Healing Ointment,*

Has long been famed for its healing powers, which makes it so particularly useful in healing burns, scalds, blisters, or any healthy wound, spread on lint; this Red Healing Ointment is superior to any other now in use.

No. 28. *Mercurial Ointment.*

The size of a small nutmeg to be used night and morning in venereal cases, and dispersing buboes, keeping warm at the same time. By rubbing the thigh, also, a safe and expedient remedy for crab-lice; to be rubbed well in the midst of the thighs when warm in bed.

No. 29. *Basilicon Ointment.*

For keeping wounds open, and promoting a discharge of foul sores; equal parts of this and spirits of turpentine warmed, is the best application to wounds that has the appearance of mortification. It ought to be renewed very often, giving the bark as directed under that article.

No. 30. *Cooling Ointment,*

For dressing burns, scalds, &c. with, and proper for inflamed swellings; also for dressing blisters.

No. 31. *Lint.*

To be used for dressing wounds, blisters, &c.

No. 32. *Injection Powder.*

One of these powders dissolved in half a pint of water, and used as an injection in slight runnings; if pain is produced add more water; holding tight at the bottom of the penis whilst injecting.

No. 33. *Blue Stone*

Is used in destroying the proud flesh that grows in wounds, to be wet with water, and rubbed on

the part till it assumes the colour of the stone ; 3 or 4 grains in half a wine glass full of water, makes a good injection for the clap.

No. 34. *Castor Oil*

A safe and effectual purge in the dose of 2 table spoonsful.

No. 35. *Paregoric.*

Good in coughs and asthma ; a teaspoonful to be taken 2 or 3 times a day ; and 2 teaspoonsful at bedtime, in company with 20 drops of *Laudanum*, when sleep cannot be procured, and if necessary repeat the dose, early in the morning.

No. 36. *Oman's Purging Drops.*

When all other means of opening the Bowels fail, by taking 2 or 3 Drops on a little sugar, a passage may be obtained.

No. 37. *Flux Powder*

Is useful in all disorders arising from sourness of the stomach or bowels ; also, in purgings and heartburn. Dose, half a teaspoonful 3 times a day, in a little water.

No. 38. *Tooth Ache Tincture*

To be applied by means of lint or cotton.

N. B. The fore-mentioned doses are calculated for grown persons :—therefore half the quantity will be sufficient for a boy of 12 years of age, and so in proportion.

BLEEDING.

As bleeding is generally very requisite, and of the greatest advantage in all accidents, either external or internal, I shall put down some general rules, in an easy and plain manner, how to perform that tender operation. It is generally performed in the veins of the arm, therefore, when you are going to bleed have the following things in readiness :— a garter to tie the arm, with a compress of linen to cover the surface after you let blood, and a vessel to receive the blood ; then apply the fillet or garter about an inch and a half above the bend of the elbow, tying it twice round the arm with a slip knot, on the outside, until the veins swell, observing not to tie the fillet more than what you can feel the pulse at the wrist. Your fillet being properly fixed, you then feel with your finger if you can discover any artery or tendon under the vein you wish to open ; the artery you will know by its pulsation, the tendon by its feeling like a strong thick cord ; these you will avoid, by making the incision a little higher or lower in the vein, or taking another vein ; having fixed on that part of the vein most proper for the orifice, you take your lance between your thumb and fore finger, about an inch from the point, your other fingers on the arm, you then plunge the lancet into the vein, till the blood rushes out. If you wish to make the orifice larger, carry the point of your lancet upwards. The cut being thus made, you must support the arm while the blood flows ; from one gill to a pint is the common quantity to be taken. The sufficient quantity of blood being taken, you tie up the arm with a compress of linen over the orifice, first taking off the ligature above the elbow, then tie below.

Bleeding is good in most disorders of the head, eyes, and in the beginning of inflammatory fevers, when there is a strong quick pulse, the patient

restless, hot, dry skin, but should not be performed in the decline of fevers; it is, also, good in swelled and sore throats, swimming and dizziness of the head, in pains of the back, side, or breast, difficulty of breathing, falls, bruises, and strains, fractures, ruptures, and swelled testicles, &c. &c. Bleed stout men on the approach of hot climates, particularly the West coast.

INFLAMMATIONS.

All inflammations, arising from whatever cause, are to be treated nearly alike. If it should produce any preternatural heat of the body, a white tongue, or a quick full pulse, bleeding is necessary, with a dose of salts every other morning; and on the intervening days a dose of cooling powder to be given 3 or 4 times a day; the bleeding is to be repeated according to the state of the inflammation, at the same time the ointment, No. 30, and a fomentation of No. 23, are to be used twice a day; but if the part should gather, let only the fomentation be used, twice a day. If restlessness comes on, a dose of No 17, may be given, at bed time; when the gathering breaks, or is opened, the parts are to be treated, as directed under Wounds; if it is very large, a dose of No.7, may be taken, when it breaks, 3 or 4 times a day. If a mortification should ensue, as much bark with wine is to be taken every hour as will conveniently stay on the stomach, without creating sickness. Bleed largely in internal inflammations.

WOUNDS.

Let the wound be washed clean, and the hair, if any, removed from the part; apply some dry lint, over which lay a plaister of No. 29; but if the bleeding should be violeut, spread the lint with some paste, as directed in No. 15, and apply it over the wound, and lay a plaister of No. 29, over it, suffering the first dressing to remain on 2 or 3

days, to prevent a further discharge of blood, which would happen by removing the first dressing too soon. If proud flesh should arise, use No. 33. If the wound should discharge a thin watery matter, instead of a white thick matter, the bark must be given; if it is a slight wound, Sheldon's Balsam will be sufficient.

BURNS AND SCALDS.

Bathe the part with spirits of turpentine; when blisters have not risen, keep the part constantly wet with a solution of No. 14, which will generally prevent their rising; but if they are already risen, they are to be cut and dressed with No. 30, which is to be continued for 4 or 5 days, and then dress it with No. 27, and treat it as a wound. Turpentine with equal parts of oil should be the first application.

FRACTURES.

When any bones are broken, which may be known by feeling the part injured with your fingers, stirring the limb with your hand, you may feel the bone grate under your fingers, at the same time gives the patient violent pain when handled or moved; and likewise from its differing from the other member. Having thus ascertained whether it is broke, and you find such to be the case, unattended with any wound, you are then to proceed in the following manner: make two splints of wood, or paste board so long as almost to reach from one joint to the other as wide as almost to encompass the limb; the splints should be covered with linen, or any other soft substance; likewise dipped in vinegar; they are then to be made fast upon the member, either with a roller, bandage, or fillets; if the arm, a roller may be used, if the leg, fillets. Having thus got things ready, you are to make two assistants lay hold of the limb, one at

one end, and one at the other, both holding the same, being one below the upper joint, and the other above the under joint; they then make a moderate extension or stretching, and keep doing it till you feel the ends of the bones equally applied to each other; you then take a bit of cloth sufficient to go round the limb twice, dipped in spirits or vinegar, and apply it round the fractured part; then apply your first splint underneath the limb, and the second above, observing at the same time that the assistants keep the limb stretched, and hold on the splints; you then tie them on with 4 or 5 pieces of tape, at about 4 inches distance from each other; afterwards lay the limb in as easy a position as possible—but if a fracture be attended with a wound, occasioned with much swelling, you are to go on in a different manner. First take 8 or 10 ounces of blood from the arm, then lay the member, whether leg or arm, upon a pillow, in an easy, half-bent position, you then lay a bit of lint upon the wound, spread with No. 29, and apply double rags made wet with some of the water directed at No. 14; but if it should swell, you must foment the part with some of the fomentation, No. 23, and apply afterwards a poultice made of biscuit, boiled and softened with oil, and repeat it 3 or 4 times a day. If then in the course of a week, it begins to get better, you may leave off the poulticing, and dress it with No. 27, spread on lint, but continue the fomentation, the limb to be then set as directed, when all inflammation has disappeared or subsided.

DISLOCATIONS.

If at any time you can fairly distinguish a limb dislocated, you must reduce it in the following manner: put the leg or arm into a half-bent posture as before directed in fractures, and let an assistant take hold of one end of the bone, or body, and another assistant hold of the other, so pull as

strong as necessary, until you find the two heads of the bone in a line with each other, then with your fingers, press them into their places ; all that is necessary after the reduction, is to apply cloths dipped in equal parts of vinegar and spirits, and rub the part with No. 15, and keep it perfectly easy, stopping work for 2 or 3 weeks.

FEVERS.

The Remittent Bilious, signs of

This is one of the most common diseases in hot climates, it is most frequent in close, moist, and sultry weather, it generally comes on with chilliness, pains in the back and bones ; these symptoms are followed by sickness, great heat, thirst, and pains about the eye-brows, the pulse soon become very quick and full, the face red, with a violent head-ach ; in the height of the fit, the patient commonly vomits a great quantity of bile, afterwards a sweat comes on, which greatly relieves the patient, though he still complains of giddiness, head-ach, and great loss of strength. In a few hours all the symptoms return with great violence, and after having continued a longer time than before, the patient is again relieved by the sweat. If the disease is neglected, it soon acquires a continued form, and all the symptoms more violent. The patient is in general soon carried off.

METHOD OF CURE.

It is absolutely necessary that the stomach and bowels should be well cleansed by a vomit and purge ; the best method for this purpose, is an ounce and half of salts, No. 1, and one of the vomits, No. 10 ; if it only vomits, and does not purge, 1 or 2 table spoonsful of salts must be taken the next morning, and as soon as they have operated, the Bark, No. 7, must be given in as large quantities as the stomach will bear, a drachm (or a tea spoonful) every 1 or 2 hours, in a cup of water ; if the

bark should purge, 5 drops of Laudanum, No 17, may be added to each dose, till it loses that effect ; or if, on the contrary, it should make the patient costive, 5 grains of rhubarb, No. 2, must be added to each dose. The bark sometimes, at the beginning, seems to increase all the symptoms, but the use must still be persisted in, for when a sufficient quantity is taken, the fever will soon be removed. During the whole of the disease, the patient should be supported by sago, boil'd rice, gruel &c. with wine in them ; and, if his strength should fail him very much, he must take wine in every thing he drinks, even to a bottle or more in 24 hours ; every thing about him should be sprinkled with vinegar, his bedding changed and kept as clean as possible.

AGUE.

The stomach and bowels are first to be cleansed by a vomit, or pills, No. 22, then a dose of No. 1. If the patient be very strong, he must be bled, and a dose of bark taken every 2 hours, during the absence of the fever. If, however, after the use of the bark, &c. for 4 or 5 days, the ague should return again, recourse must be had to the vomit, purge, and bark, as above directed. The person is to use exercise, and to take a glass of port wine when he expects a fit ; after it goes off, to take a dose of bark every 6 hours, for 4 or 5 days, to prevent a relapse, or return of the fever. If the bark should purge, mix 5 drops of laudanum, No. 17, to each dose ; but, if it produces costiveness, add a small quantity of No. 2, to each dose.

YELLOW FEVER.

(SIGNS OF)

Faintness, sickness at stomach, giddiness of the head, chilliness, followed by violent heat, darting pains in the head and back ; but sometimes people complain for a day or two before the attack of a head ach, pain in the loins, and extremities, especially in the knees and calves of the legs, loss of appetite, debility, and spontaneous lassitude ; however, when the attack is made with great violence, this fever is fatal before the 7th day ; the signs of death are a great anxiety, hiccup, discharge of bile and a jaundice or yellow colour of the countenance

which shews the patient to be in the last stage of the disease, whether it terminates in death or recovery : very often delirium ensues.

METHOD OF CURE.

When the symptoms are as above described before the attack, give one of the pills, No. 22, every 8 hours, so as to keep the body open ; but when the attack is made by sickness at the stomach, retchings, and a violent vomiting, it will be proper to give large draughts of warm water, which, without any additional stimulus to the coats of the stomach, evacuate its acrid and putrid contents. The warm water also acts as an emollient fatus, or fomentation to the inflamed coats of the stomach, and thus abates the inflammation, and prevents the gangrene and mortification from coming on. After the patient has vomited a quantity of yellow and blackish bilious matter, as they often do, 20 or 30 drops of laudanum, No. 17, in a glass of wine and water, will procure the patient some respite from the violent retchings, &c. Nothing more should be taken into the stomach for two hours, then give the patient 3 pills, No 22, till the fever abates, and the bowels kept freely open, to evacuate by stool as much as possible, the bilious, putrid matter ; by the use of the above medicines and soft light nourishment, taken in small quantities, the pulse is usually kept, and the distemper usually goes off ; but if the pulse grows weak, and coldness of the extreme parts comes on, the patient must be supported with wine, in a moderate degree ; mustard poultices to the feet, and blisters to the different parts, if symptoms of inflammation appear.

PILES.

If the pain is very violent, take away some blood, and sit over the steam of boiling water, afterwards apply the ointment, No 30, observing to keep the body open by means of an electuary of No 13 ; after the body is open, should pain continue, give a dose of No 17, and repeat it occasionally ; give also a dose of Castor oil.

VOMITING AND PURGING.

In both cases it will necessary to cleanse the stomach by a vomit, No 10, and the bowels by a dose, No 2; but in bilious vomiting, after the vomit give a dose of No. 22, every 4 or 6 hours; and if it should not purge, give a dose of No 4, till it produces 3 or 4 stools; after the stools give a dose of No 17; if the purging should be violent, and attended with griping, repeat the dose every 3 or 4 hours; if these means should not be sufficient, give one of the powders, No. 11, every 2 hours, if they produce retching, give them every 4 hours; the patient to keep his bed while using them.

STRAINS AND BRUISES.

When the skin is not broke, the spirits of No 19, and a fomentation of No. 23, are to be used; but if the skin is broke, the ointment, No. 30, a fomentation of No. 23, and a poultice is to be applied once a day. When the strains or bruises become troublesome, such as in the side, difficulty of breathing, recourse must be had to bleeding; and if weakness remains afterwards, apply a plaister of No. 26.

VENEREAL COMPLAINT.

As most Captains of ships, for whose use this is particularly designed, are supposed to know the difference between a simple clap and a confirmed pox; it is only necessary to remark, that a clap is attended with a great inflammation, a discharge from the yard, and buboes, (which are shooting upon the groin) a phymosis and swelled testicles, and cannot be cured without mercury

TO CURE A CLAP,

The part must be frequently washed, or rather soaked in warm water,; an injection may be made with one of the powders, No. 32, and a syringe full of which may be thrown up the yard 2 or 3 times a day; and at the same time as much as will lay on a sixpence of the powder, No. 6, taken 3 or 4 times a day; a dose of the

No. 1, ought also to be taken every other morning, until the inflammation and pain abate.

A CHORDEE.

A very painful contraction of the yard ; give the patient 20 drops of laudanum, No. 17, every night, in a glass of water. By perserving in this plan, the patient will generally feel much relief ; quenene No. 11 may be taken with success.

TO CURE A CONFIRMED POX,

When sores upon the yard, Phymosis, bubo, (or swelling upon the groin,) swelled testicles, &c. it will be necessary to give a dose or 2 of cooling physic, and order about 2 drachms of mercurial ointment, No. 28 (or about the size of a nutmeg,) to be rubbed on the inside of the thighs every night, till the mouth is a little sore ; at the same time he must take one of the pills, No. 20 night and morning ; if a soreness of the mouth, or spitting should come on, the pills and ointment must be omitted for 3 or 4 days, till these symptoms go off, but recourse must be had again to the pills, and continued till the disease is entirely eradicted ; the sores are to be washed with some of the wash, as directed at No. 14, and dressed with some of the ointment No. 27, spread on lint ; when used, a dose of salts to be taken 3 times the week after.

THE PHYMOSIS.

Is to be treated in the same manner, taking care to wash the thick covering well, and, keeping back the prepuce, 6 or 7 times a day, when ever it should come forward.

A BUBO.

Should, likewise, be treated as above, but if it should grow larger, and more painful, the rubbing in the mercurial ointment must be stopped, and the patient allowed to live better, until it is quite ripe ; lance it when ripe, then squeeze and poultice it ; a piece of lint laid upon it, over which must be placed a plaister of No. 27, spread upon lint, and repeated once or twice a day, the rubbing in to begin again, and be continued 5 or 6 weeks, stopping 2 or 3 days when the mouth gets sore.

SWELLED TESTICLES.

Bleed, and keep the body open, apply to the part soft pledgets, soaked in some of the wash, No. 14. or perhaps the steam of hot vinegar may be of use—and suspend the part with an handkerchief, or any other convenient bandage, and continue the rubbing in the mercurial ointment, No. 28. as above; if the rubbing in the ointment should be found inconvenient, give two of the pills' No. 20, night and morning, with 10 drops of No. 17, in a glass of water, taking care to stop when the mouth gets sore, and after a few days begin again; the pills must be taken, or the ointment rubbed in at least 2 or 3 weeks after the sores, &c. are healed. It will be proper to give a teaspoonful of bark, in a glass of water, 2 or 3 times a day, during, and for some time after the cure. Keep the patient on his back, give him a dose of sweating medicine, No. 9, 3 times a day, after the first purging.

DROWNING.

When a body is taken out of the water apparently dead, there are two material objects to which our attention must be immediately turned, viz. to restore breathing, and to keep up or bring back a natural degree of warmth. To effect these important purposes, after the body has been stripped, and laid upon a bed, with the head and shoulders a little raised, we must “put the pipe of a pair of bellows into one of the nostrils, the other nostrils and the mouth being closed by an assistant, and blow gently till the breast be a little raised. Let the mouth and the nostrils then be left free, and an easy pressure be made upon the breast. Repeat this imitation of natural breathing at short intervals, for an hour or longer. If no bellows be at hand, let an assistant blow into the nostrils of the drowned person with his breath through a quill, reed, or any other small pipe.

While these attempts are making, other assistants may dry the body completely with warm cloths, and afterwards rub it diligently, but gently, with hot flannels on the left

side, near the heart. Apply to the hands and feet cloths wrung out of hot water, and heat bricks, or bottles, or bladders half filled with hot water. or bags of hot grains or sand to the stomach and armpits.

These affects must be continued for at last two hours, as there have been instances of recovery after a length of time has past without any appearance of re-animation.

HANGING.

Hanging occasions death by compressing the wind-pipe, and consequently stopping the breathing, and obstructing the return of the blood to the heart, by the jugular veins. If the unhappy person is discovered whilst the body is still warm and pliable, there are generally some hopes of recovery; and as apparent death has been occasioned principally by the breathing being stopped, the method of recovery is clearly pointed out. We must endeavour to restore the breathing as quickly as possible, in the same manner as directed in cases of drowning.

Should any person be present who understands breeding, the patient may be bled to the extent of a tea cupful, more or less, according to his strength, or a cupping glass may be applied to the neck. Should it happen that none present will attempt bleeding, some pains must be taken to lessen the quantity of blood collected in the head and neck, by keeping the body almost upright. Attention must be paid to prevent the patient from becoming cold, or, if already cold, to restore the natural warmth, by means directed under the article drowning.

EXCESSIVE DRINKING.

The effects of excessive Drinking is frequently Fatal, from little or no attention being given to wretched, and helpless object! The vulgar notion, THAT NOTHING CAN HURT A DRUNKEN MAN, has been the LOSS of many a LIFE! From this erroneous opinion, when a person has become what is termed dead drunk, he is suffered to tumble and roll about, almost without notice. He is then in the greatest danger. The quantity which he has drunk generally begets an inclination to vomit; in attempting which, he gets his head over the side of the

bed, or into some other position, with his head downwards, and not being attended to, that situation, added to the tightness of his shirt-neck, or neck-cloth, produces suffocation; and we have seen many instances where the unhappy person has been found next morning quite dead.

From these considerations it will appear evident how necessary it is to pay some attention to people in this condition. The first step should be to loosen the neck-cloth, shirt neck, night cap strings, or any thing which is about the neck, and to place the body in a suitable position. The best position is laying, with the head and shoulders raised; if the patient is suffered to sit there is a danger of his head hanging down too much upon his breast, by which the circulation of the blood in the neck is obstructed, and an apoplectic state is brought on.

During the time that he is extremely drunk he must not be left alone lest he tumble out of bed in his struggling. If, notwithstanding these precautions he should sensibly become cold, and appear to be growing worse, a clyster may be given without delay, composed of equal parts of wine and hot water, with a small table-spoonful of flour of mustard, or a tea-spoonful of powdered ginger or pepper. Rum, brandy, or gin, mixed with six times its quantity of hot water, with the addition of mustard. &c. may be used instead of wine. To keep up a proper degree of warmth the same means must be used as directed under the article drowning.

The excessive degree of thirst occasioned by drinking strong liquors often induce people to quench it by taking what is heartful. The safest drink after a debauch is water with a toast, barley-water, or tea.

Excessive drinking is a failing we cannot sufficiently condemn. Of its bad effects we can hardly say too much; as it is impossible to say what are the consequences which arise from it, not only to the individual himself but to the community at large.—A person who gives himself up to hard drinking greatly hazards his own existence, and renders himself incapable of fulfilling the duties of his station in life. If he is in a situation of trust he ill merits the confidence reposed in him. In a sea-faring person such conduct is more especially blameable, as the success

of his voyage is thereby rendered precarious, and the property of his employers, and the lives of those under him, are frequently exposed through his misconduct to imminent peril.

SCURVY.

There is not a more melancholy affliction can possibly attack the mariner than this, nor one in which medicine can be of so little use, after it has reached to a certain stage, but still the progress of it towards mortality may be retarded when timely observed.

I call it melancholy, not only from its fatality, but when it makes its appearance, the attack is generally throughout the whole seamen; and now observe the dismal prospect. The ship, perhaps, not within a month's sail of her port, the seamen sick, bad weather, few hands to work her, and every day expecting less; as there is very little chance of their recovery while on board; people walking the deck will drop down dead, although apparently would have lived six weeks longer, and this may be the case with them all in the course of a week, and the captain alone left to deplore on his miserable situation. I say the captain alone, as he is generally the last of being attacked, being able to live better than the seamen.

I therefore mean, in this chapter, to point out the approaching symptoms, that the captain may not wantonly use his lancet, mistaking it for cold, or some other complaint; for bleeding in the scurvy is indirect death. But indeed, when ships have been long at sea, and of course the people long on salt provisions, there is hardly any case where the lancet can be employed with an advantage, even in the case of wounds and fractures; for the blood is in so putrescent a state, that it will not admit of such evacuations; and even, if the accident would not kill the patient, you may be almost sure that large and frequent bleedings will, either by entirely destroying the patient's strength, or bringing on a mortification of the parts wounded.

I therefore mean more to describe the approach of the disease, with a view of preventing mischief from the use of the lancet.

When the scurvy begins to make its first appearance, the people complain of langour, weakness, and weariness; in some little time after, they have a slight cough, and a degree of tightness across the breast, pain and stiffness in the hams, and at this time there is more or less fever present, and the patient is thirsty, tongue a little dry, urine scanty, and the skin has a dry disagreeable feel; the legs now begin to swell a little, and the breathing is difficult, when standing upright; at this period, in hot climates, the gums begin to turn painful and bleed, and if the patient has any sores about him they begin to bleed also; but in cold climates this does not take place, but the patient now begins to complain of a swelling and uneasiness about the region of his stomach; and is more comfortable when laying in bed, and on the right side; then the swelling generally disappears.

It affects others with oppression and difficulty of breathing, they cannot lay in the horizontal posture, but must sit up; when it comes to this height, it generally very soon carries the patient off; these appearance generally take place in cold climates, where the disease runs on more rapidly towards death. As soon as the sores begin to bleed in hot climates, the legs begin to be blotched, and a dark appearance, and then either an obstinate costiveness, or looseness take place; appetite begins to fail, and a slothfulness prevails. Sometimes at this period they drop down dead, and others will exist until these brown spots on their legs turn black, legs mortify, old sores break out again, and even broken bones that have been healed, again separate, and the digestive powers so much destroyed, so as to obstruct the aliment and to pass through the stomach and bowels unchanged.

You will find nothing so effectually check its progress, as the use of lime-juice, taken in the quantity of a table-spoonful, every 3 or 4 hours; and to prevent its purging or griping, half spirits ought to be mixed with it, and the same quantity of water.

In the early state of the disease, 3 or 4 table spoonful of whole white mustard-seed, may be taken in the course of the day, along with the lime-juice, will be of very great service; but when the disease is advanced, the mustard

will be of no use, because the juices of the stomach are so vitiated, they will not dissolve nor digest it.

Wort as been recommended, but I think never to be put in question with the lime-juice.

The lime-juice may likewise be applied to the sores, by dipping a piece of lint in it; you may once or twice a-week give one of the mercurial pills over night, and the following morning, 2 or 3 purgings pills. In cold climates they ought to keep themselves warm, and rub their legs a little every night with a towel or dry flannel; if the patient complains much of his breathing let him take the pills as above directed, 3 or 4 times a week; spruce-beer, wine, spirits in moderation, and vegetables, are all proper in this complaint, and a total abstinence from salt provisions. But the only certain remedy is a vegetable diet and living on shore, with moderate exercise, and a little physic now and then.

FINIS.



